



“The hard days are the best because that’s when champions are made, so if you push through, you can push through anything.”
– Dana Vollme

DEVONRICK W.

ABOUT ME

I’m from Houston Texas. I’ve played football since I was in high school. I didn’t know anything about lifting weights until I was an athlete. Ever since then, I’ve been training myself all the way up until adulthood. I came to North Dakota in 2014, and majored in Corporate Fitness then played semi pro football for 2 years after that. I did personal training for about 2 years. It’s only right I share my knowledge about fitness with others that are looking to start their fitness journey or sports for athletes. As a personal trainer I’d love to see my clients reach their full potential! And strengthen their weaknesses. My interest are eating food and singing. Also watching horror movies.

SPECIALIZATIONS

- Strength Training
- Sports Training
- Injury Rehab Prevention

CERTIFICATIONS

- ISSA Personal Training
- CPR & First Aid Certified

BIGGEST RESULT WITH A CLIENT

I had a high school football player, trained with him all summer before football season. All the training I did with him showed on the football field.

MY TRAINING STYLE

As a trainer whether they’re an athlete or someone that’s just starting their fitness journey. I love to see the work that they put in to see the results they want. Correcting to proper form and injury prevention.

FAVORITE WORKOUT

Full Body Workouts

MY Y STORY

I have been a staff member at the YMCA for about 3 years from coaching, refereeing kids football and basketball, to now Personal Trainer